

## THEODOROS (AKIS) GIOVAZOLIAS

### Professor of Counselling Psychology

Department of Psychology

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Dr Akis (Theodoros) Giovazolias is an Associate Professor of Counselling Psychology in the Department of Psychology at the University of Crete. He teaches courses on Counselling Psychology Theories and Applications, Parent Counselling, Counselling Skills Training, and Bullying and Victimization. He studied Psychology at the University of Crete. He then completed his Master's in Psychology and Counselling at the Manchester Metropolitan University, UK and his Doctorate in Counselling Psychology at the University of Surrey in UK. Over the last 5 years he is the Director of the Student Counselling Centre of University of Crete, a service that offers psychological interventions to more than 17.000 students. Dr Giovazolias is also a Chartered Counselling Psychologist (C.Psychol) with British Psychological Society. His 20-years clinical practice has focused in therapeutic counselling with various psychological issues such as trauma, mental health issues, victims of domestic and other forms of violence, interpersonal rejection, etc.

He has participated in numerous training and scientific programs related to counselling and victimization of vulnerable groups (i.e. children, women). For example, he was (2012-2015) the Local Co-ordinator and Supervisor of the Local Community Centre (Crete) for the European Program for the combat of women abuse (implemented by Aristotle University of Thessaloniki). Further, between 2009-2011 he participated in the VESTA Education activities towards strengthening of vulnerable groups (women/children trafficking) in Vietnam, a European Commission Project implemented by the European Public Law Center. He was also the Local Co-ordinator/Crete (2010-2013) for the European Program on Psychological Interventions of Immigrant Students (European Commission).

Further, he was the Local Co-ordinator and research Team Leader (2013-2015) in the THALES Program titled: "*Building health care workers' capacity in health promotion: Development, implementation and evaluation of an innovative distance-learning intervention*". The aims of this project were: a) to assess the attitudes and skills of the health care professionals in Greece in areas such as Health promotion values, aims, and strategies, Mental health promotion (including culturally sensitive health promotion), Research skills and evidence-based guidelines and b) the development, implementation and evaluation of an intervention e-learning program (educational platforms/toolkits) with the aim to improve attitudes and skills of health care professionals.

He has an extensive publication record in international peer reviewed journals, especially on issues of family issues (e.g. partner rejection and its impact on well being) and he is the author of numerous training tools on Counselling Skills Training, including a Guide for Counselling Skills for Correctional Officers. He is the Associate Editor of European Journal of Counselling Psychology and serves as Editorial member and ad-hoc reviewer in more than 30 international peer-reviewed journals. In 2015 he was awarded the Annual Award (one person receives it annually) of European Association of Counselling Psychology for Outstanding Contribution to Counselling Psychology across Europe (supported by Association of Psychological Therapies, UK).

## Funded Projects (selection)

1. **2021-2023:** “Student Technostress in Undergraduate Distance Education: a Navigation Toolkit for WELLness – STUDENT-WELL”, ERASMUS+ (KA226 Digital Partnerships), European Union, **Project Code:** 2020-1-UK01-KA226-HE-094622, **OID Reference:** E10206500, **Budget:** 211,520€, **(Principal Investigator)**
2. **06/20 – 05/22:** “Multi-Agency approach to support victims of Intimate partner violence with Substance Abuse issues **MARISSA**”. JUST/REC – European Commission (REC-AG-2019 / REC-RDAP-GBV-AG-2019), Co-Partner, Total Project Budget: 561.301,67€).
  - a. **(Principal Investigator)**.
3. **03/11/19- 02/05/22:** «Free from Addiction, Safe from Abuse - **FASA**», ERASMUS+ (2019-1-EL01-KA202-062475), Co-Partner, Total Project Budget: 241.463€)
  - a. **(Principal Investigator)**.
4. **2018 – 2020:** “Acceptance schools: Implementing the “Friendship Project” in Greece” Greek Ministry of Finance. (budget: 72.100€. **(Principal Investigator)**)
5. **01/09/19 - 31/08/22:** «Enabling Mental Health Benefits: resilience, achievement, competencies and engagement in improved higher education policy and practice for student wellbeing – **EMBRACE**». ERASMUS+, European Union (Co-Partner, Total Project Budget: 277.040 €), **(Member of Scientific Team)**.
6. **1/12/2017 – 30/11/2019:** Development of “at a DIStance” Counseling Skills for professionals in the field of Counselling Women Victims of Violence or Abuse - DIS.CO, **ERASMUS+**, European Union (Co-Partner, Total Project Budget: 225.805€),
  - a. **(Member of Scientific Team)**
7. **1/10/2017 – 30/9/2019:** **MENTALLY** – Improving access to mental health care and mental health literacy (European Commission – HORIZON 2020), Principal Co-ordinator: University of Gent, Belgium. (Co-partner - Total Project Budget: 662.748,37€), **(Member of Scientific Team)**

## Papers in peer reviewed journals

- **Google Scholar citations: 1194 (h-index: 18, i10-index: 26)**
  - **Scopus citations: 384 (h-index: 11)**
1. Spyropoulou, E. & **Giovazolias, T.** Anger Rumination in Early Adolescence: Risk factor or Outcome of Depressive symptoms? A Prospective Study. *Journal of Youth and Adolescence* (IF: 4.38) (**accepted**)
  2. **Giovazolias, T.** & Paschalidi, Ei. The effect of rejection sensitivity on fear of intimacy in emerging adulthood: A moderated-mediation model. *European Journal of Psychology Open* (**published online**)
  3. Spyropoulou, E. & **Giovazolias, T.** The Scarring Effects of Depression Symptoms on Sadness Rumination and Peer Victimization in Greek Early Adolescents: Evidence for an integrated symptoms-driven model. *The Journal of Early Adolescence* (IF: 2.77) (**published online**)
  4. Spyropoulou, E. & **Giovazolias, T.** Investigating the Multidimensionality and Psychometric Properties of the Children's Anger Rumination Scale (CARS): A Bifactor Exploratory Structural Equation Modeling Framework. *Assessment*, 10731911211043569 (IF: 4.66)
  5. Galvin, J., Evans, M., Nelson, K., Richards, G., Mavritsaki, Ei., **Giovazolias, T.**, Koutra, K., Mellor, B., Zurlo, M.C., & Vallone, F. Technostress, coping, and anxious/depressive symptomatology in university students during the COVID-19 pandemic. *Europe's Journal of Psychology* (IF: 1.54) (**in press**)
  6. Apostopoulou, A., & **Giovazolias, T.** (2021). The therapeutic alliance: definitions, reflections and therapeutic implications. *Psychology: the Journal of the Hellenic Psychological Society*, 26(2), 8-31.

7. Mavrandrea, P. & **Giovazolias, T.** (2020). The effect of personality on depressive symptoms: the indirect effect of adult attachment. *Current Psychology* (IF: 4.30) (**in press**)
8. Spyropoulou, E., Surlantzi, A., Karakosta, A., Kotsampasoglou, M., & **Giovazolias, T.** (2020). Longitudinal Evaluation of Friendship Project: A multicultural – antiracist program for elementary school children. *Current Psychology*, <https://doi.org/10.1007/s12144-020-00842-w> (IF: 4.30)
9. Axelsson, M., Schønning, V., Bockting, C., Buysse, A., Desmet, M., Dewaele, A., **Giovazolias, T.**, Hannon, D., Kafetsios, K., Meganck, R., Ntani, S., Rutten, K., Triliva, S., Van Beveren, L., Vandamme, J., Øverland, S., & Hensing, G. (2020). Lived experiences: a focus group pilot study within the MentALLY project of mental healthcare among European users. *BMC Health Services Research*, 20 (1), 605 (IF: 2.65)
10. Van Beveren, L., Hensing, G., Ntani, S., Rutten, K., Schønning, V., Axelsson, M., Bockting, C., Buysse, A., Desmet, M., Dewaele, A., **Giovazolias, T.**, Hannon, D., Haukenes, I., Kafetsios, K., Meganck, R., Øverland, S., Triliva, S., Vandamme, J. (2020). [A Critical Perspective on Mental Health News in Six European Countries: How Are “Mental Health/Illness” and “Mental Health Literacy” Rhetorically Constructed?](#) *Qualitative Health Research*, 30 (9), 1362-1378. (IF: 3.28)
11. Triliva, S., Ntani, S., **Giovazolias, T.**, Kafetsios, K., Axelsson, M., Bockting, C., Buysse, A., Desmet, M., Dewaele, A., Hannon, D., Haukenes, I., Hensing, G., Meganck, R., Rutten, K., Schønning, V., Van Beveren, L., Vandamme, J., & Øverland, S. (2020). Healthcare professionals’ perspectives on mental health service provision: a pilot focus group study in six European countries. *International Journal of Mental Health Systems*, 14(1), 16 (IF: 2.94)
12. **Giovazolias, T.**, Syggelaki, E., & Papastylianou, A. (2019). Effectiveness of a Teachers’ Training Program in Bullying on their Core self Evaluations, Relationship with students and Work Engagement. *Journal of Classroom Interaction*, 54(2), 4-23.

13. Plexousakis, S., Kourkoutas, E., **Giovazolias, T.**, Chatira, K., & Nikolopoulos, D. (2019). School Bullying and Post-Traumatic Stress Disorder Symptoms: The role of Parental Bonding. *Frontiers in Public Health*, 7(APR), 75. (IF: 3.71)
14. Rohner, R.P., Filus, A., Melendez-Rhodes, T., Kuyumcu, B., Machado, F., Roszak, J., Hussain, S., Chyung, Y-J., Senese, V.P., Daneshmandi, S., Ashdown, B.K., **Giovazolias, T.**, Glavak-Tkalić, R., Chen, S., M. Uddin, M.K., Harris, S., Gregory, N., Favero, M., Zahra, S., Lee, J., Miranda, M.C., Izadikhah, Z., Brown, C.M., Giotsa, A., Vulic-Prtoric, A., Li, X., Khaleque, A., Karadeniz, G., Machado, M., Gul, S., Bacchini, D., Faherty, A.N., Zoroja, A., Aktar, R., Perrella, R., Camden, A.A., M. Hossain, M.A., Roy, K. (2019). Psychological Maladjustment Mediates the Relation Between Remembrances of Parental Rejection in Childhood and Adults' Fear of Intimacy: A Multicultural Study. *Cross-Cultural Research*, 53(5), 508-542. (IF: 1.91)
15. Bitsios, P., Karademas, E., Mouzaki, A., Manolitsis, G., Kapellaki, O., Diacatou, A., Archontaki, A., Mamalakis, G., & **Giovazolias, T.** (2017). The Student Counselling Center at the University of Crete, Greece. *British Journal of Psychiatry-International*, 14(4), 90. (IF: 7.23)
16. **Giovazolias, T.**, Karagiannopoulou, E. & Mitsopoulou, E. (2017). Can the factor structure of Defense Style Questionnaire (DSQ-40) contribute to our understanding of parental acceptance/rejection, bullying, victimization and perceived well-being in early adolescents? *Europe's Journal of Psychology*, 13(2), 269-285. (IF: 1.54)
17. Athanasiadou, C. & **Giovazolias, T.** (2016). Postgraduate research in Counselling Psychology in Greece. *European Journal of Counselling Psychology*, 5(1), 1-3.
18. Geitsidou, A. & **Giovazolias, T.** (2016). Perceived partner acceptance –rejection and well being: The mediating role of resilience. *Journal of Child and Family Studies*, 25(11), 3260-3269 (IF: 2.28)

19. Giaouzi, A. & **Giovazolias, T.** (2015). Remembered parental rejection and social anxiety: The mediating role of partner acceptance-rejection. *Journal of Child and Family Studies*, 24(11), 3170-3179. (IF: 2.28)
20. Kourkoutas, E. & **Giovazolias, T.** (2015). School-based counselling work with teachers: An integrative model. *European Journal of Counselling Psychology*, 3(2), 137-158.
21. Mitsopoulou, E. & **Giovazolias, T.** (2015). Personality Traits, Empathy and Bullying Behavior: A Meta-Analytic Approach. *Aggression and Violent Behavior*, 21, 61-72. (IF: 4.38)
22. Papadaki, E. & **Giovazolias, T.** (2015). The protective role of father acceptance in the relationship between maternal rejection and bullying: A moderated-mediation model. *Journal of Child and Family Studies*, 24(2), 330-340. (IF: 2.28)
23. Passa, I. & **Giovazolias, T.** (2015). Evaluation of a self-help group for parents of substance addicted offspring: A mixed methods approach. *Substance Use and Misuse*, 50(1), 32-39. (IF: 2.16)
24. **Giovazolias, T.** (2014). The moderating role of Parental Power/Prestige on the relationship between Parental Rejection and Psychological Maladjustment in a Greek student sample. *Cross-Cultural Research*, 48 (3), 240-249. (IF: 1.91)
25. **Giovazolias, T.** & Themeli, O. (2014). Social learning conceptualization for substance abuse: Implications for therapeutic interventions. *European Journal of Counselling Psychology*, 3(1), 69-88.
26. **Giovazolias, T.**, Tsaousis, I., & Vallianatou, C. (2013). Psychometric Properties of Eating Disorders Examination Questionnaire (EDE-Q): Factor Structure and Internal Consistency in a Greek non-clinical Sample. *European Journal of Psychological Assessment*, 29(3), 189-196. (IF: 2.98)
27. Mitsopoulou, E. & **Giovazolias, T.** (2013). The relationship between perceived parental bonding and bullying: The mediating role of empathy. *European Journal of Counselling Psychology*, 2 (1), 1-16.

28. Tsaousis, I., Mascha, K., & **Giovazolias, T.** (2012). Can Parental Bonding Be Assessed in Children? Factor Structure and Factorial Invariance of the Parental Bonding Instrument (PBI) between Adults and Children. *Child Psychiatry and Human Development*, 43, 238-253. (IF: 2.25)
29. **Giovazolias, T.**, Kourkoutas, E., Mitsopoulou, E., & Georgiadi, M. (2010). The relationship between perceived school climate and the prevalence of bullying behaviour in Greek schools: Implications for preventive inclusive strategies. *Behavioural and Social Sciences Journal*, 5, 2208 - 2215.
30. Koskina, N. & **Giovazolias, T.** (2010). The effect of attachment insecurity in the development of eating disturbances across gender: The role of body dissatisfaction. *The Journal of Psychology: Interdisciplinary and Applied*, 144 (5), 449–471. (IF: 1.65)
31. **Giovazolias, T.**, Leontopoulou, S., & Triliva, S. (2010). Assessment of Greek University Students' Counselling Needs and Attitudes: An Exploratory Study. *International Journal for the Advancement of Counselling*, 32 (2), 101-116. (IF: 0.90)
32. **Giovazolias, T.** (2006). Ethical Issues to Working with Suicidal Clients. Eleftherna: Annual Review of the Department of Psychology. Special issue (3rd volume): *Psychological Science: Contemporary ethical dilemmas* (pp. 83-96). University of Crete.
33. **Giovazolias, T.** & Davis, P. (2005). Matching Therapeutic Interventions to Drug and Alcohol Abusers' Stage of Motivation: The Clients' Perspective. *Counselling Psychology Quarterly*, 18 (3), 171-182. (IF: 1.43)
34. **Giovazolias, T.** (2005). Counselling Psychology and the Integration of Theory, Research and Practice: A Personal Account. *Counselling Psychology Quarterly*, 18 (2), 161-168. (IF: 1.43)
35. **Giovazolias, T.** (2004). The Therapeutic Relationship in Cognitive-Behavioural Therapy. *Counselling Psychology Review*, 19 (2), 14-20.

36. **Giovazolias, T.** & Davis, P. (2001). Counselling Psychologists' Experiences of Sexual Attraction toward their clients: Impact on the Therapeutic Process. *Counselling Psychology Quarterly*, 14 (4), 281-286. (IF: 1.43)
37. **Giovazolias, T.** & Davis, P. (1999). Power imbalance and sexual contact in therapy: Effects on clients and implications for ethical, legal and training issues. *Counselling Psychology Review*, 14 (2), 4-15.

### **Chapters in peer reviewed books**

38. **Giovazolias, T.** & Malikiosi-Loizos, M. (2018). The moderating role of father acceptance in the relationship between victimization and depressive symptoms. In H. Cowie & C.A. Myers (Eds.), *School Bullying and Mental Health: Risks, Intervention and Prevention* (pp. 101-112). London: Routledge.
39. **Giovazolias, T.** & Malikiosi-Loizos, M. (2016). Bullying at Greek universities: an empirical study. In H. Cowie & C.A. Myers (Eds.), *Bullying among University Students: cross-national perspectives* (pp. 110-126). London: Routledge.
40. **Giovazolias, T.** & Themeli, O. (2013). The role of father involvement in children's bullying behavior: An overview of the literature. In K. Dekker & M. Dijkstra (Eds.), *School Bullying: Predictive Factors, Coping Strategies and Effects on Mental Health*. (pp. 211-225). New York: NOVA Publishers
41. Malikiosi-Loizos, M. & **Giovazolias, T.** (2013). Counseling in Greece. In T. Hohenshil, N. Amundson, & S. Niles (Eds). *Counseling around the World: An International Handbook*. (pp. 215-223). Alexandria, VA: American Counseling Association.
42. Tsaousis, I., **Giovazolias, T.**, & Mascha, K. (2012). Translation and Psychometric Properties of the Child Parental Acceptance-Rejection Questionnaire (PARQ) – Short Form in Greek. In K.J. Ripoll Núñez, A.L. Comunian, & C.M. Brown, (Eds). *Expanding Horizons: Current Research on Interpersonal Acceptance*. (pp. 215-228). USA: Brown Walker Press



43. **Giovazolias, T.** & Themeli, O. (2010). Counseling in Prison: Problems and Challenges. In A. Renshaw & E. Suárez (Eds), *Violent Crime and Prisons: Population, Health Conditions and Recidivism* (pp. 255-256). New York: NOVA Publishers.
44. **Giovazolias, T.**, Maniorou, K., Papachristodoulou, E., & Mitsopoulou, E. (2008). The Relationship between Dysfunctional Eating Attitudes, Alexithymia and Family Bonds in Greek Students. In T. Giovazolias, E. Karademas, & Kalantzi-Azizi, A. (Eds). *Crossing Internal and External Borders. Practices for an Effective Psychological Counselling in the European Higher Education* (pp. 142-160). Athens: Ellinika Grammata and FEDORA-PSYCHE.

#### **Editorial Board Member**

1. **Honorary Editor-in-Chief**, *European Journal of Counselling Psychology* (September 2019 - present)
2. **Editor-in-Chief**, *European Journal of Counselling Psychology* (May 2017 – August 2019)
3. **Associate Editor**, *European Journal of Counselling Psychology* (January 2014 - May 2017)
4. **Editorial Board Member**, *Acción Psicológica* (June 2019- present)
5. **Editorial Board Member**, *Psychotherapy & Counselling Psychology Reflections* (October 2015- present)
6. **Editorial Board Member**, *International Journal of Psychology & Behavior Analysis* (November 2015-present)

#### **Reviewer in Journals**

1. *Journal of Affective Disorders*
2. *Personal Relationships*
3. *Journal of Interdisciplinary Sciences*
4. *International Journal of Mental Health Systems*
5. *Brain & Behavior*
6. *Children and Youth Services Review*

7. *European Journal of Psychotherapy and Counselling*
8. *Journal of Psychologists and Counsellors in Schools*
9. *Scientific Reports-Nature*
10. *Psychological Reports*
11. *Psychiatry Research*
12. *Health & Social Care in the Community*
13. *Journal of Family Issues*
14. *Personality and Individual Differences - PAID*
15. *Child and Adolescent Mental Health*
16. *International Journal of Psychology and Behavioral Sciences*
17. *Journal of Health Sciences*
18. *International Journal of Nursing Science*
19. *Journal of Health Psychology*
20. *Comprehensive Psychiatry*
21. *Clinical Psychology and Psychotherapy*
22. *SAGE Open*
23. *Behavioral Disorders*
24. *European Journal of Counselling Psychology*
25. *Studies in Higher Education*
26. *International Journal of Applied Psychology*
27. *Journal of Child and Family Studies*
28. *International Journal of Educational Administration and Policy Studies*
29. *Journal of Behavior Therapy and Experimental Psychiatry*
30. *Asia Pacific Education Review*
31. *Clinical Child Psychology and Psychiatry*
32. *Educational Research and Reviews*

## Conferences (selection, total: 115)

1. **Giovazolias, T.** et al., (2022). Needs assessment of professionals working with women with co-occurring intimate partner violence victimisation and problematic substance use: The MARISSA Project. 7th International Conference on New Findings On Humanities and Social Sciences, 22-24 April, Barcelona, Spain.
2. Milaki, E. & **Giovazolias, T.** (2019). Insecurity in the Marital Attachment and Child Adjustment Difficulties: The Mediating Role of Coparenting. 9<sup>th</sup> CAN Congress (Centre for Applied Neuroscience), University of Cyprus, 4 October.
3. Spyropoulou, E., Surlantzi, A., Karakosta, A., Kotsampasoglou, M., & **Giovazolias, T.** (2019). Friendship project: A multicultural – antiracist program for elementary school children. XVI European Congress of Psychology July 2-5, Moscow, Russia
4. Kotsampasoglou, M. & **Giovazolias, T.** (2018). Parental competence and children’s psychological well- being: The role of parental acceptance- rejection and co-parenting relationship. Paper presented at 7<sup>th</sup> International Congress on Interpersonal Acceptance-Rejection. Athens, Greece: 15-18 May.
5. Spiropoulou, E. & **Giovazolias, A.** (2018). The mediating effect of rejection sensitivity in the relationship between perceived parental rejection and bullying behaviors in a sample of Greek students: A pilot study. Paper presented at 7<sup>th</sup> International Congress on Interpersonal Acceptance-Rejection. Athens, Greece: 15-18 May.
6. **Giovazolias, A.**, Simos, G. & Kazantzis, N. (2018). A Path Model on the Relationship between Remembered Parental Acceptance/rejection and Relationship Profile: The Mediating Role of Adult Attachment and Rejection Sensitivity. Paper presented at 7<sup>th</sup> International Congress on Interpersonal Acceptance-Rejection. Athens, Greece: 15-18 May.
7. **Giovazolias, T.** & Giotsa, A. (2016). The Mediating Effect of Psychological Adjustment and Anxiety in the Relationship Between Parental Acceptance-Rejection and Fear of Intimacy in

Young Greek Adults. Paper presented at 6<sup>th</sup> Congress on Interpersonal Acceptance-Rejection. Madrid, Spain: 6-9 June.

8. Tsaousis, I. & **Giovazolias, T.** (2016). An Item Response Theory Analysis of the Interpersonal Relationship Anxiety Questionnaire (IRAQ) in a Greek Student Sample. Paper presented at 6<sup>th</sup> Congress on Interpersonal Acceptance-Rejection. Madrid, Spain: 6-9 June.

9. **Giovazolias, T.** (2016). An Explanatory Path Model on Relationship Between Remembered Parental Acceptance-Rejection and Psychological Adjustment: The Mediating Role of Rejection Sensitivity and Fear of Intimacy. Paper presented at 6<sup>th</sup> Congress on Interpersonal Acceptance-Rejection. Madrid, Spain: 6-9 June.

10. Tsaousis, I. & **Giovazolias, T.** (2016). Parental Acceptance-Rejection Model and psychological Adjustment: The Mediating Role of Fear of Intimacy. Poster presented at 6<sup>th</sup> Congress on Interpersonal Acceptance-Rejection. Madrid, Spain: 6-9 June.

11. **Giovazolias, T.** & Giaouzi, A. (2014). Remembered parental rejection and social anxiety in young adults: The mediating effect of intimate partner acceptance-rejection. Paper presented at 5<sup>th</sup> Congress on Interpersonal Acceptance-Rejection. Kishinau, Moldavia: 24-27 June.

12. **Giovazolias, T.** & Karagiannopoulou, E. (2014). The mediating effect of defense mechanisms in the relationship between perceived parental rejection and bullying behaviours in a sample of Greek pupils. Paper presented at 5<sup>th</sup> Congress on Interpersonal Acceptance-Rejection. Kishinau, Moldavia: 24-27 June.

13. **Giovazolias, T.** (2014). Parenting and bullying behaviours: The moderating role of paternal acceptance. 1<sup>st</sup> International Congress, European Anti-bullying Network (EAN), Athens: 11-12 June.

14. **Giovazolias, T.** & Papadaki, E. (2013). The protective role of father acceptance in the relationship between maternal rejection and bullying: A moderated-mediation model. 4<sup>th</sup> Congress on Interpersonal Acceptance-Rejection. Chandigarh, India: 10-13 January.